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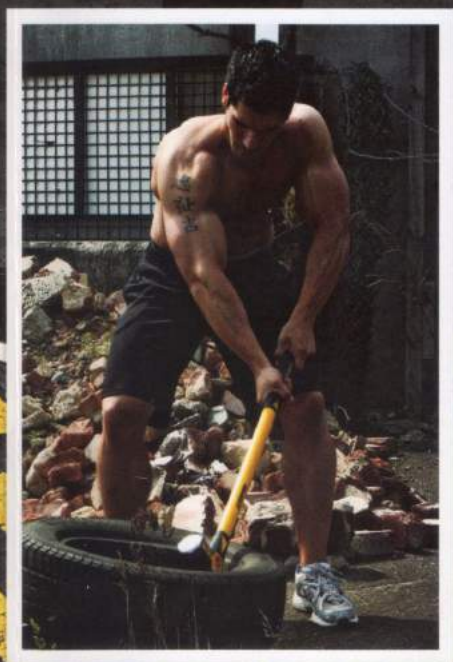
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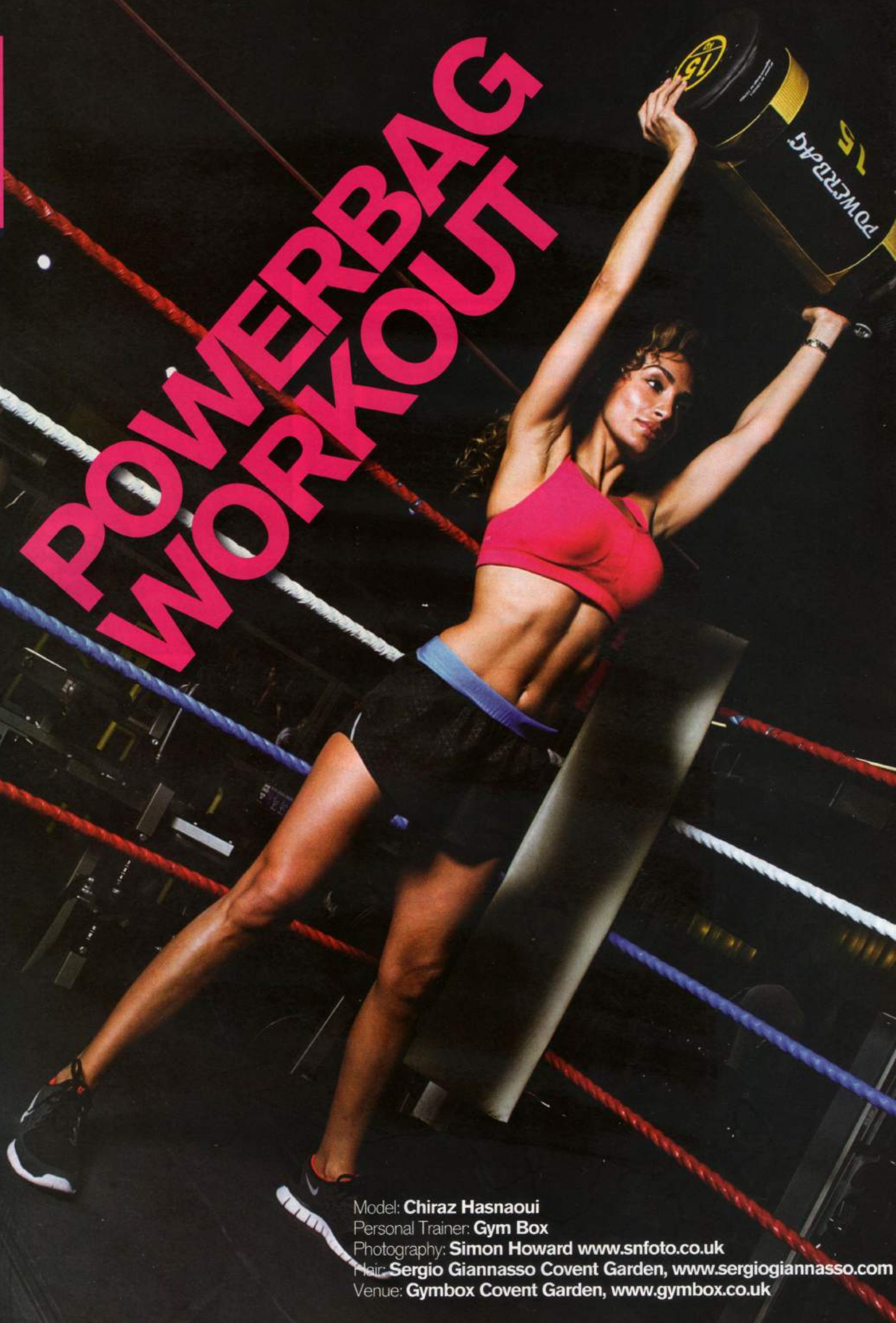
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## **ultra-FIT** - your 24/7 personal trainer



# POWERBAG WORKOUT



Model: **Chiraz Hasnaoui**

Personal Trainer: **Gym Box**

Photography: **Simon Howard** [www.snfoto.co.uk](http://www.snfoto.co.uk)

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Venue: **Gymbox** Covent Garden, [www.gymbox.co.uk](http://www.gymbox.co.uk)



Powerbag has excelled as a training product of huge variety and application. To mark the launch of the new generation Powerbag creator Dr. Mark Bellamy has put together a dynamic Powerbag circuit specifically for ultra-FIT.

**P**owerbags have been used extensively in the harshest environments and by some of the world's leading athletes. Reports and results have been outstanding. The British military adopted Powerbag for rehabilitation at its world famous Headley Court facility as well as sending them to the front line in Afghanistan to aid troops' combat strength and conditioning.

And in elite sporting circles Powerbags were central training aids to England's triumphant 2003 Rugby World Cup squad. The rest of the world's top teams including the New Zealand All Blacks, Australia and France (as well as the home nations) quickly followed suit. Powerbags have also become popular within cricket, boxing, golf, tennis, Formula 1, speedway, martial arts, football and track and field.

Dr Bellamy - a sports psychologist and training expert who has worked with some of

the biggest names and teams in sport - has always pushed the possibilities of Powerbag, seeking to further its training applications and design. Now working closely with UK gym equipment design and manufacture specialists Leisure Lines Ltd and Jordan Fitness who share worldwide rights to the brand, Powerbags have been produced to an even higher standard than ever before. Dr Bellamy told ultra-FIT, "For the best part of a decade we've had Powerbags in continuous use around the world across all manner of disciplines, conditioning, sports specific training and rehabilitation. Feedback has always been welcomed and we have continued to listen and develop the product. Now I'm delighted we are unveiling the new generation most advanced Powerbag to the general market."

Available from 3kg to 50kg, the idea of Powerbag training is to work with a weight

that is inherently unstable and demands absolute precision of form and movement thereby engaging more muscle groups and demanding more from them. Your core stabilisers in particular get to work over-time. Powerbags also allow significantly more flexibility than hard, rigid, conventional weights. "Of course they are ideal for pressing, lifting, raising, snatching and curling, but they can also be thrown, caught, punched, kicked and kneed," added Dr Bellamy.

Regardless of weight Powerbags are compact, easy to store and ideal for individual or group workouts. They are safe too. How many other 30kg weights can be dropped without fear of damage to floors and feet? And because the bags are sand filled, they can easily be emptied and refilled as necessary - making them ideal for carrying with you to those summer beach holidays!

### The ultra-FIT Powerbag circuit

The circuit that follows will test your all-body strength in a very functional way - the twisting and pressing and lunging movements taxing your limbs and core synergistically.

- Warm up with some CV work and perform functional movements for all body parts.
- Perform 3-4 sets of each exercise, over 6-12 reps, using a Powerbag of

sufficient weight that allows you to perform the exercises with good form, whilst feeling fatigue on the final reps. Take 30-60sec between sets depending on your fitness levels

#### 1. Windmill Lunge

Place the Powerbag onto the back of the shoulders whilst gripping it as shown. Ensure that your core remains set during the entire movement. Lift your leading leg and step it out in-front of you, placing it down whilst keeping the body in a good vertical posture. Ensure that both feet remain pointing forwards throughout the movement and that your leading knee does not project forwards of your instep. Lift your leading leg and return to the start position. Repeat the movement with the opposite leg lead.



#### Side Lunge

From stepping back to the start position of the front lunge step one foot to one side so that weight bears down on the leg that you have stepped with. Return to the start position and step to the opposite side. At all times keep the core set and ensure that the movement is performed in a controlled manner. Step slightly forward of centre to allow your knee to hinge safely and comfortably. Step back to the start position and then step to the other side.



#### Rear Lunge

Immediately on finishing the side lunge, step one foot back to lunge backwards. Keep the chest elevated and core braced. Return to the start position and then step back with the other leg.



**These 6 movements  
complete 1 rep**



## 2. Overhead Lunge and press

Stand with the Powerbag resting across the front of your shoulders. Press the Powerbag overhead. Step into a lunge - keep both feet in-line and ensure that the knee of the leading leg does not travel forwards of the instep. Return to the start position and repeat with the opposite leg, pressing the Powerbag overhead at the commencement of the movement.



## 3. Rotating Side Overhead Lunge

Stand with the Powerbag resting across the front of your shoulders. Press the Powerbag overhead, then step to one side, pressing the Powerbag to arms' length and turning your trunk as you do so. Step back to the start position. Lower the weight and repeat to the other side.



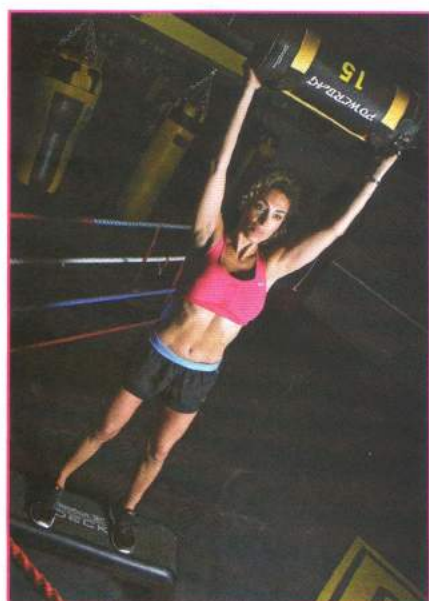
## 4. Step Up

Hold the Powerbag on the back of your shoulders. Ensure that you maintain a good posture and 'fix' your core and shoulders. Step up onto a box or bench, bring the other leg up, step back down with the stepping leg and repeat, leading with the other leg.



## 5. Step Up to Press

Hold the Powerbag across your upper back. Brace your core and step up onto a box or bench. Bring the other leg up and press the Powerbag overhead. Lower the bag under control and return to the start position, stepping back with the stepping leg. Repeat with other leg lead.



## 6. Standing Giant Circles

Stand with the Powerbag held with arms straight at approximately hip-height. Set core and shoulders and then take the bag in a giant circle and back to the start position. Repeat the exercise in the reverse direction. Keep arms long and core braced throughout.

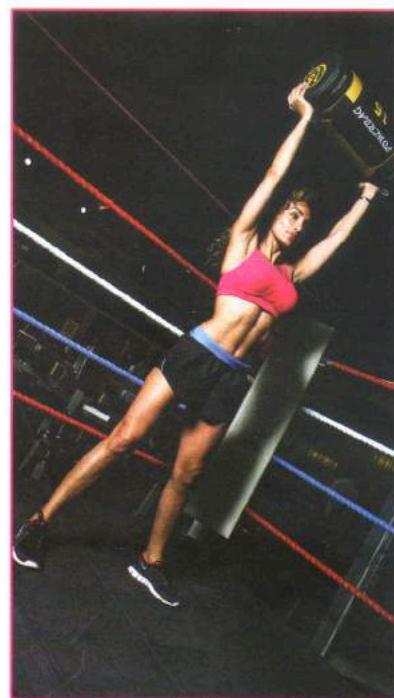
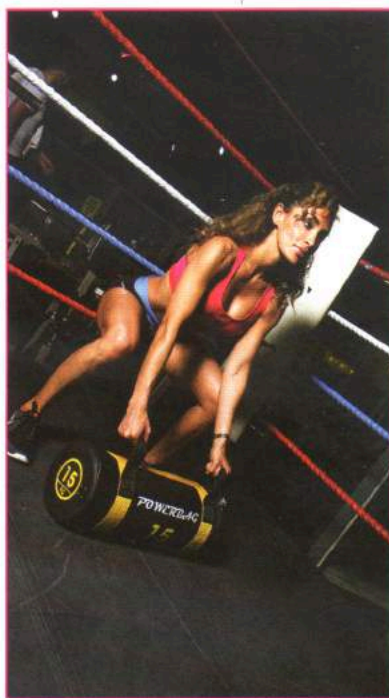
**take the  
bag in a  
giant circle  
and back to  
the start  
position**





## 7. Floor to ceiling

Stand with the Powerbag held at arms' length on the floor. Set core and shoulders and take the bag in one movement to above your head, keeping it close to your body as you do so. To provide momentum, bend your knees and extend your thighs, to lift onto your toes, press your hips forward and then pull on the bag with your arms to take it to arms' length above your head. Lower the Powerbag to the start position with control. Keep your core braced throughout.



**To provide momentum, bend your knees and extend your thighs**



## 8. Figure of 8 Walking

Grip the Powerbag by both handles and then move it through a horizontal figure of eight movement as you walk forwards. Vary the range and size of movement. The movement should look like the action of paddling a kayak. Keep your core braced throughout. Take 4 steps forward, stop and repeat back to start position (this constitutes one rep).

## 9. Robot Walking

Stand with the Powerbag held vertically in-front of you at arms' length (maintain a slight bend at the elbows). Walk forwards and swing the Powerbag across the body to the leading foot, with the next step swing the powerbag to the opposite leading foot. Maintain control of the range of movement and vary the size of the powerbag movement, your step and speed of walking. Take 4 steps forward, stop and repeat back to start position (this constitutes one rep).



## Overhead grip position (Lock Grip)

The Lock Grip is important to reduce risk of injury

Gripping the Powerbag as shown will ensure that it locks out overhead, it also ensures that the weight of the Powerbag does not sit directly on the wrists. When you grip the Powerbag also ensure that fingers and thumbs are not left exposed as the bag moves.



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